

# Parents Need Vaccines, Too!



Look inside to find  
information about how  
to keep yourself and  
your family healthy.



Protect yourself.  
Protect your family.

## Find out more

Washington State Department of Health  
[www.doh.wa.gov](http://www.doh.wa.gov)

Centers for Disease Control and Prevention  
[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

Vaccines.gov  
[www.vaccines.gov](http://www.vaccines.gov)



If you have a disability and need this document in another format, please call 1-800-525-0127 (TDD/TTY call 711).

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Get these vaccines:					At these ages:	
Flu					19-21 years	22-26 years
Td/Tdap (tetanus, diphtheria, pertussis)*					Get a Tdap vaccine once, then a Td booster vaccine every 10 years	
Chickenpox					2 doses	
HPV (human papillomavirus) — women					3 doses	
HPV (human papillomavirus) — men					3 doses	
Shingles					No recommendation	
MMR (measles, mumps, rubella)					1 or 2 doses	
Pneumococcal					1 or 2 doses	
Meningococcal					1 or more doses	
Hepatitis A					2 doses	
Hepatitis B					3 doses	
Haemophilus influenzae type b (Hib)					1 or 3 doses	

\* New recommendations: Pregnant women need to get Tdap vaccine during each pregnancy.

■ Vaccines recommended for all adults.

■ Vaccines recommended for adults with certain risks related to their health, job, or lifestyle that put them at higher risk for serious diseases. Talk to your doctor or nurse to see if you are at higher risk.

## Recommended Immunization Schedule

## Which vaccines do I need?

Your age, health conditions, job and lifestyle determine which vaccines you need. Bring this immunization schedule to your next healthcare provider visit. Call Family Health Hotline at 1-800-322-2588 to get an Immunization Record card to write down all your immunizations.



## Protect Yourself

### Do adults really need vaccines?

Yes. Adults need to protect themselves from disease. Each year in the US, up to 50,000 adults<sup>1</sup> die from diseases that vaccines prevent, like flu and pneumonia—that's enough people to fill over 900 school buses! Also, some diseases can be more severe for adults. Make sure you're up-to-date on all your immunizations!

<sup>1</sup> See "Top Reasons to Get Vaccinated" at National Foundation for Infectious Diseases (NFID): [www.nfid.org/about-vaccines/reasons](http://www.nfid.org/about-vaccines/reasons).

## Protect Your Family

### I hardly ever get sick. Why should I get vaccinated?

Even healthy people can get diseases that vaccines prevent. Getting vaccinated helps protect you and helps protect others, too. For example, the flu may be inconvenient and miserable for you, but could mean serious illness for your baby, an elderly neighbor, your friend who has not been immunized, or co-worker with a medical condition like asthma or heart disease. Make sure you don't spread dangerous diseases—like whooping cough, flu, or chickenpox—to those you love.

### New recommendations!

Pregnant women now need to get Tdap vaccine during each pregnancy. It protects babies too young for vaccination but at highest risk for severe illness and death from whooping cough.

## Linda DeLude

*Linda's husband, Barry, was her best friend, the father of her two sons and, for 20 years, a firefighter.*

*Barry was dedicated to his job and his family. In February 2007, he responded to a medical call for work where he caught the flu. He had never been vaccinated. A few days later, Barry felt so sick Linda took him to the hospital. Barry had always been healthy. "We didn't think to get him or the rest of the family vaccinated against influenza because no one had chronic illnesses," Linda said.*

*Barry died from the disease a few days after being in the hospital, leaving behind his family. Now, Linda makes sure they all get vaccinated against influenza every year. "I had to learn the hard way that influenza can affect anyone—not just people who are already sick," Linda said.*



Photo courtesy of Faces of Influenza

## Heidi Bruch

*Five days before my second baby was due, I got a mild, dry cough which doctors thought was asthma. About two weeks after I gave birth, my daughter started coughing, choking, gagging, and turning blue. At Seattle Children's Hospital, she tested positive for pertussis (whooping cough) and they asked me who had been sick or*



*coughing. My heart sank—I had whooping cough, not asthma. I had given my baby a potentially fatal disease, and it was devastating. She spent 23 terrifying days in the hospital fighting for her life and her cough lasted over 100 days.*

*I had no idea that I needed a whooping cough booster shot—Tdap. I hope other parents can learn from my experience: Get vaccinated to protect your baby.*

## What is community immunity?

Community (or herd) immunity helps slow down and stop the spread of disease among people. It only works when most people are immune to the disease (through vaccination or having had the disease). Communities get the best protection when at least 9 out of 10 of us have immunity. Ask about immunization rates where your loved ones spend time—like healthcare offices, schools, child cares, and long-term care facilities.

## Are vaccines safe?

Yes. Vaccines are among the safest medicines you can get. Before and after they get licensed, vaccines are tested for safety and for how well they protect people against disease. Like any medicine, vaccines are not 100 percent effective or 100 percent risk free. Some people may have mild side effects, like a slight fever or soreness at the injection site. Serious side effects are very rare. The benefits of vaccination far outweigh the risks. Have questions? Ask your healthcare provider for more information.

## Where can I get vaccinated?

Your doctor, clinic, and local health department may offer vaccinations. Many pharmacies also give vaccines to adults. Most health insurances cover adult vaccines. If you need help finding a doctor or clinic for immunizations, call Family Health Hotline at 1-800-322-2588.